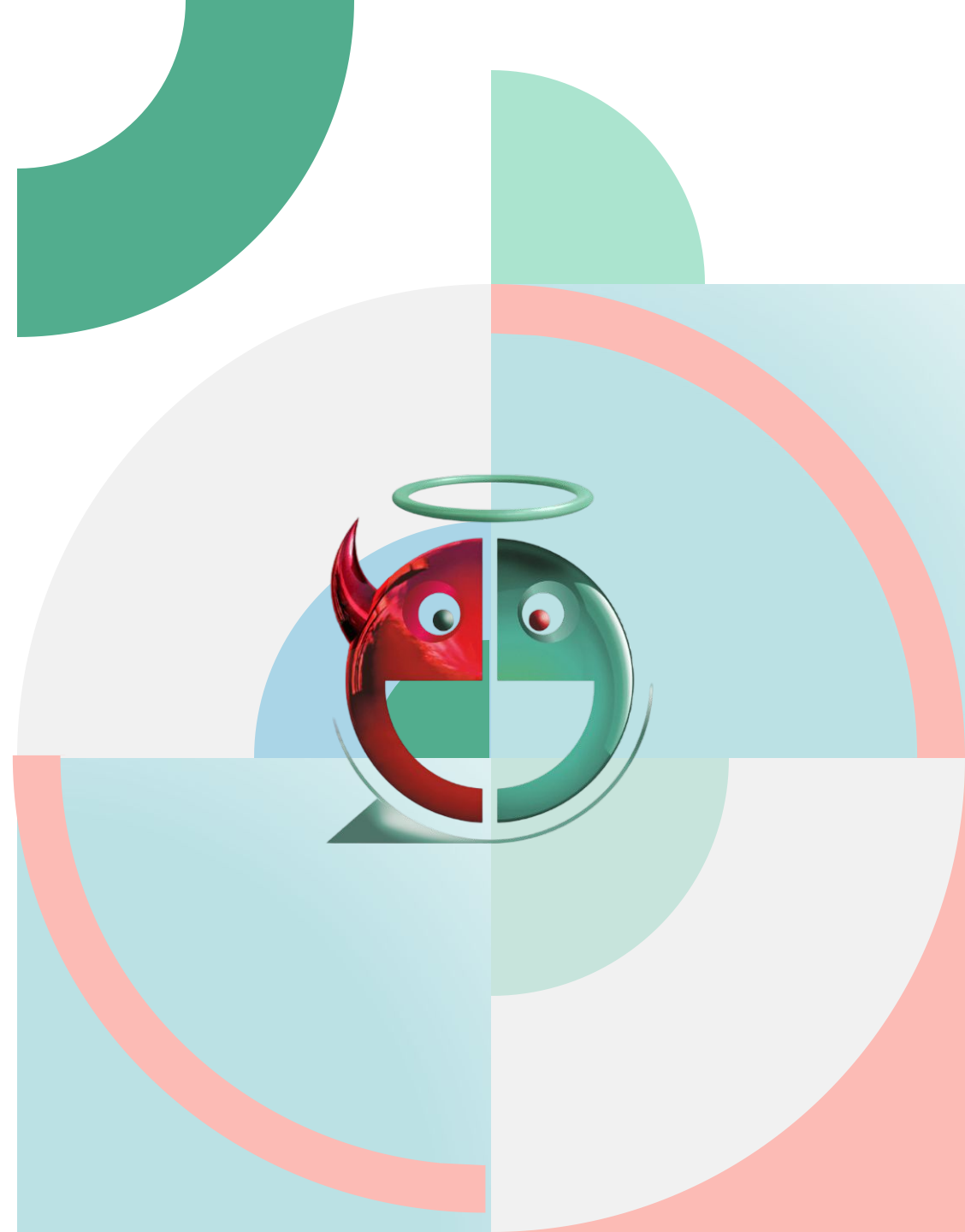


Solh Wellness Mental Health Report



Gurusharan Convent
School, Paschim Vihar,
Delhi





Introduction

Solh Wellness in collaboration with Gurusharan Convent School, Paschim Vihar, Delhi organised a mental health awareness camp on **3rd August 2024**.

The workshop aimed to comprehensively address the mental well-being of teachers and staff by examining the specific psychological strains associated with the teaching profession.

Objective

The workshop led by the Solh Wellness Team specifically targeted:

- **Identify Psychological Strains:** To understand and identify the specific mental health challenges faced by teachers and staff due to their professional responsibilities.
- **Utilize Solh App Features:** To introduce and demonstrate how the Solh app can be used for managing stress and enhancing mental wellness.
- **Promote Self-Care Strategies:** To provide practical self-care strategies and stress management techniques using the tools available on the Solh app.
- **Build Peer Support Networks:** To facilitate the creation of peer support networks among participants, leveraging the Solh app's community features for mutual support and shared experiences.

Methodology

The Solh Wellness team conducted a workshop that included a thorough assessment of teachers' mental health through a detailed survey.

- **Workshop Delivery:** The Solh Wellness team organized an interactive workshop tailored for teachers and staff. The session included presentations on mental health challenges specific to the teaching profession, as well as practical strategies for managing stress and promoting well-being.
- **Mental Health Assessment:** During the workshop, participants completed a comprehensive mental health survey designed to evaluate various psychological aspects, including stress levels, emotional well-being, and burnout indicators.
- **Data Collection:** Responses from the survey were collected and analyzed to identify prevalent mental health issues and areas needing attention. This data was used to gain insights into the overall mental well-being of the participants.



Methodology

2. Solh Wellness Application:

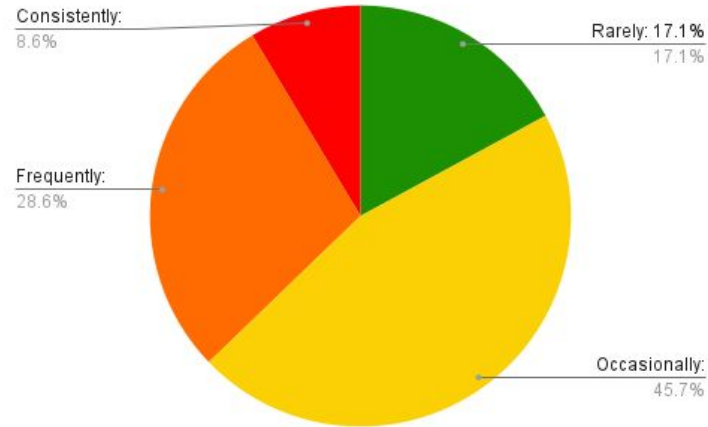
The Solh Wellness mobile app facilitated comprehensive screening assessments for both teachers and staff, providing valuable insights into potential mental health challenges. In collaboration with Gurusharan Convent School, Paschim Vihar, Delhi, the app also offered a robust suite of resources, including toolkits, courses, audiobooks, and reading materials.

3. Mental Health Experts:

A team of experienced psychologists and dedicated mental health professionals led the camp. Their in-depth knowledge and expertise in mental health ensured comprehensive support for teachers.

Results and Observations

How often have you noticed changes in students' behavior or emotions that might suggest they are struggling with their mental health?



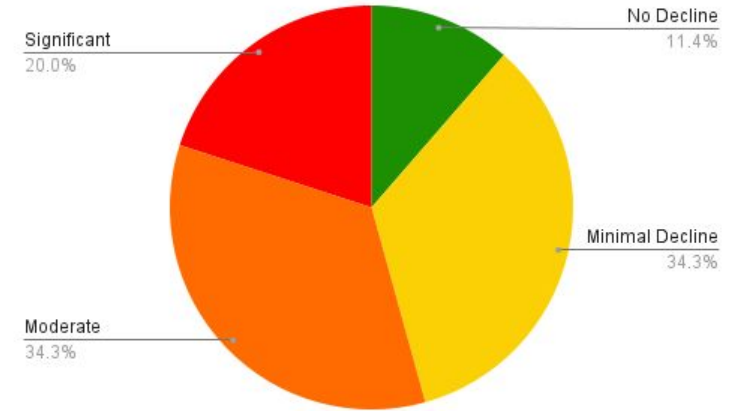
This chart indicates the Impact of changes in students' behavior or emotions that might suggest they are struggling with their mental health

Categories and Percentages:

- Rarely: 17.1%
- Occasionally: 45.7%
- Frequently: 28.6%
- Consistently: 8.6%

A significant Majority (45.7%) of respondents noticed changes in students' behavior or emotions that might suggest they are struggling with their mental health

Have you observed a decline in students' interest or participation in class activities that could be related to emotional or mental challenges?



This chart indicates the perceived level of decline in students' interest or participation in class activities that could be related to emotional or mental challenges.

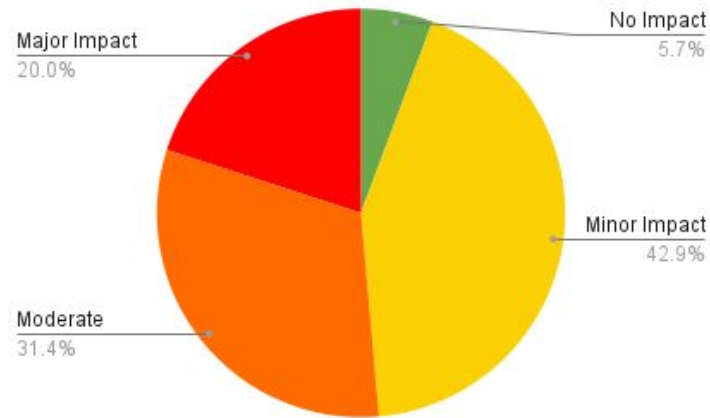
Categories and Percentages:

- No Decline: 11.4%
- Minimal decline: 34.3%
- Moderate decline: 34.3%
- Significant Decline: 20%

A significant portion (20%) of respondents expressed decline in students' interest or participation in class activities , while 11.4% felt no decline.

Results and Observations

How has the increasing complexity of students' emotional needs impacted your ability to create a supportive and effective learning environment?



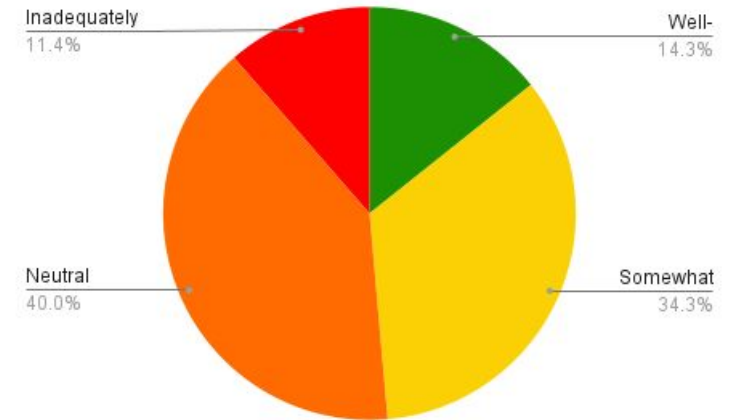
This chart indicates the Impact of Students' Emotional Needs on Teaching effectively.

Categories and Percentages:

- No Impact: 5.7%
- Minor Impact: 42.9%
- Moderate Impact: 31.4%
- Major Impact: 20%

A significant majority (74.3%) of respondents indicated that the increasing complexity of students' emotional needs has had a minor to moderate impact on their ability to create a supportive and effective learning environment.

Do you feel equipped with the necessary tools and support to help students who may be experiencing emotional or mental difficulties?



This chart indicates the perceived level of preparedness among educators to support students experiencing emotional or mental difficulties.

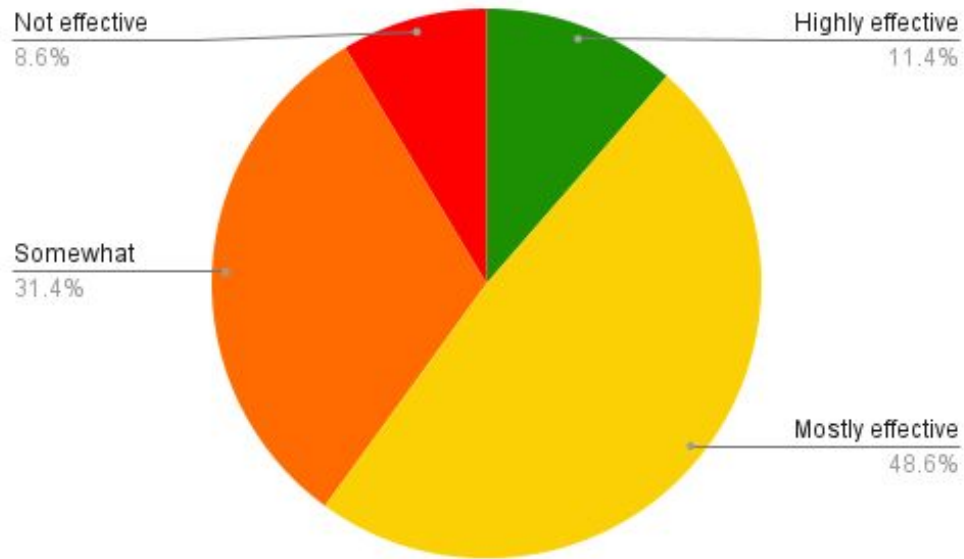
Categories and Percentages:

- Well-Equipped: 14.3%
- Somewhat Equipped: 34.3%
- Neutral: 40%
- Inadequately Equipped: 11.4%

A significant portion (40%) of respondents expressed neutrality about their preparedness to support students with emotional or mental difficulties, while 11.4% felt inadequately equipped.

Results and Observations

How effective is collaboration among teachers, counselors, and administrators in addressing students' emotional well-being and mental health needs?



This chart assesses the perceived effectiveness of collaboration among teachers, counselors, and administrators in addressing students' emotional well-being and mental health needs.

Categories and Percentages:

- Highly effective: 11.4%
- Mostly effective : 48.6%
- Somewhat effective: 31.4%
- Not effective: 8.6%

A concerning 31.4% of respondents reported that collaboration among teachers, counselors, and administrators is only somewhat effective in addressing students' emotional well-being, while 8.6% felt it was not effective at all.

CONCLUSION

Student Mental Health:

- 82.9% of students exhibit signs of emotional or behavioral difficulties.
- 88.6% of students experience a decline in engagement.

Teacher Preparedness:

- Only 14.3% of educators feel well-equipped to support students with emotional difficulties.

Collaboration Effectiveness:

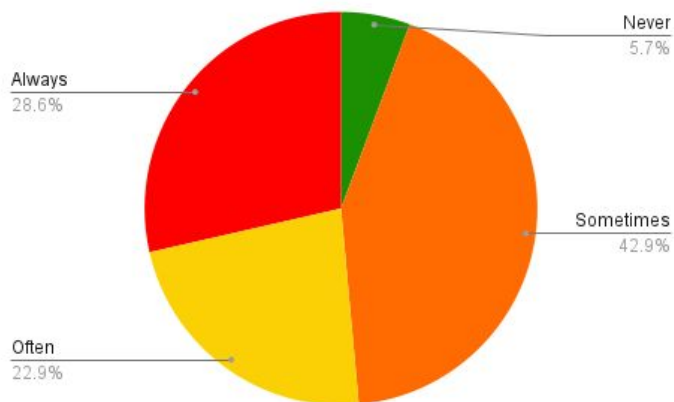
- 40% of respondents believe collaboration among school staff is either somewhat or ineffective in addressing student mental health.

CONCLUSION

- **High Prevalence of Student Mental Health Issues:** A significant number of students exhibit signs of emotional and mental distress, impacting their overall well-being and academic performance.
- **Teacher Preparedness Gap:** Many educators feel underprepared to address the complex emotional needs of their students, highlighting a critical gap in support.
- **Challenges in Collaboration:** While there is a general recognition of the importance of collaboration among school staff, there are inconsistencies in its effectiveness, indicating a need for improvement.
- **Urgent Need for Comprehensive Support:** To effectively address the mental health crisis among students, a comprehensive approach is required, including increased teacher training, expanded mental health resources, and strengthened collaborative efforts.

Teacher Wellbeing and support Assessment

Do you feel overwhelmed by the amount of work you have to do?



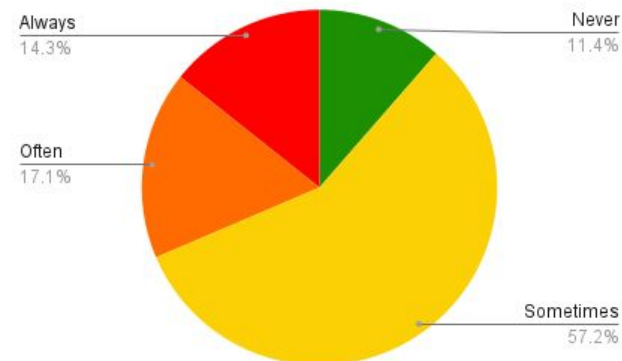
This chart assesses the perceived feeling of overwhelm by the amount of work teachers.

Categories and Percentages:

- Never: 5.7%
- Sometimes : 42.9%
- Often : 22.9%
- Always: 28.6%

A significant majority (65.8%) of respondents reported feeling overwhelmed by their workload

How often do you feel stressed or anxious about your job?



This chart assesses the perceived feeling of stress or anxiety among teachers about their jobs.

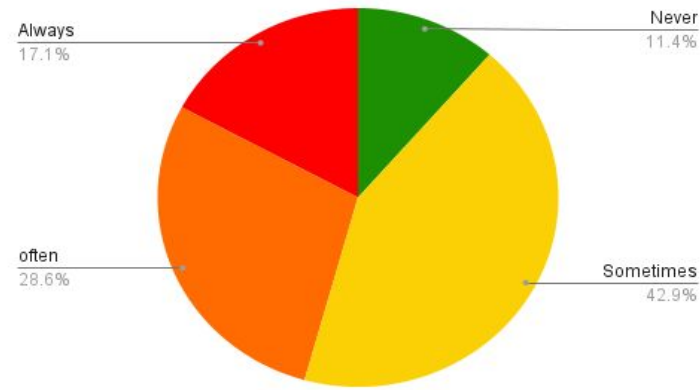
Categories and Percentages:

- Never: 11.4%
- Sometimes : 57.1%
- Often : 17.1%
- Always: 14.3%

A significant majority (88.5%) of teachers reported experiencing stress or anxiety about their jobs, with over half indicating they feel this way sometimes or often.

Results and Observations

Do you feel emotionally exhausted or drained by your work?



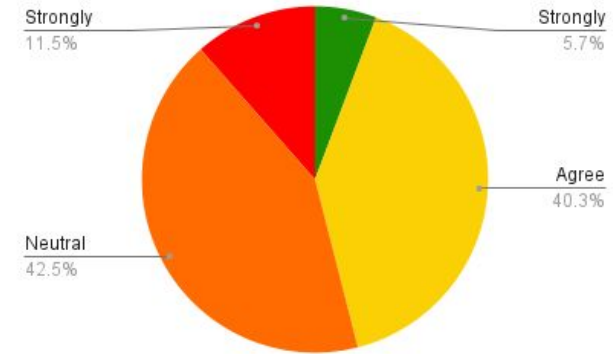
This chart assesses the perceived feeling of emotionally exhausted or drained by the work :

Categories and Percentages:

- Never: 11.4%
- Sometimes : 42.9%
- Often : 28.6 %
- Always: 17.1%

A significant majority of respondents (42.9%) reported feeling emotionally exhausted or drained by their work, with nearly one-third experiencing this often or always.

Do you feel supported by your school administration and colleagues?



This chart assesses the perceived feeling of support by the school administration and colleagues :

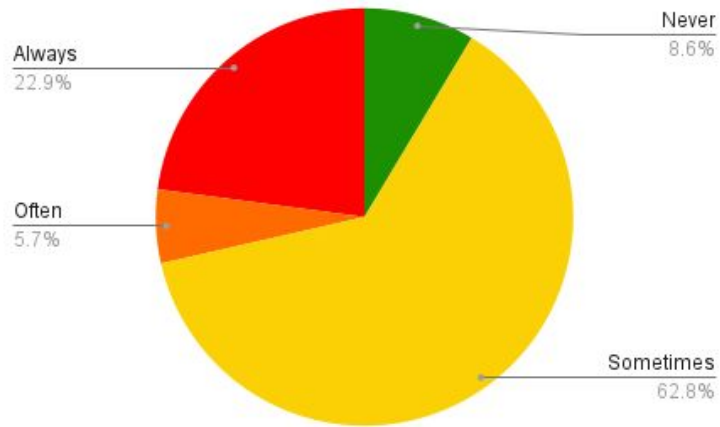
Categories and Percentages:

- Strongly agree: 5.7%
- Agree : 40%
- Neutral : 42.2%
- Strongly Disagree : 11.4%

A significant portion (42.2%) of respondents expressed a neutral feeling towards the support provided by school administration and colleagues, indicating a lack of consensus on this issue.

Results and Observations

Do you find it challenging to balance your work and personal life?



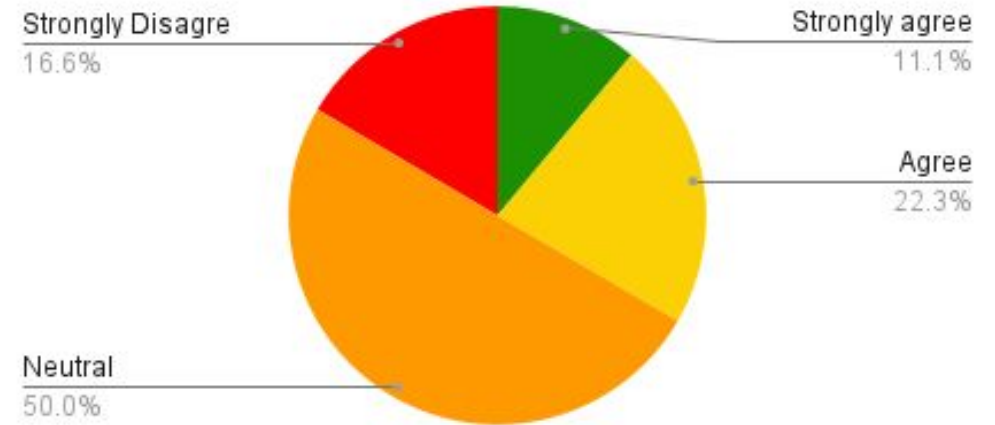
This chart assesses the perceived work life balance of teachers :

Categories and Percentages:

- Never: 8.6%
- Sometimes : 62.9%
- Often : 5.7%
- Always: 22.9%

A significant majority (68.5%) of teachers reported experiencing work-life imbalance, with over half indicating they feel this way sometimes or often.

Are you satisfied with your job overall?



This chart assesses the perceived Job satisfaction of teachers and staff :

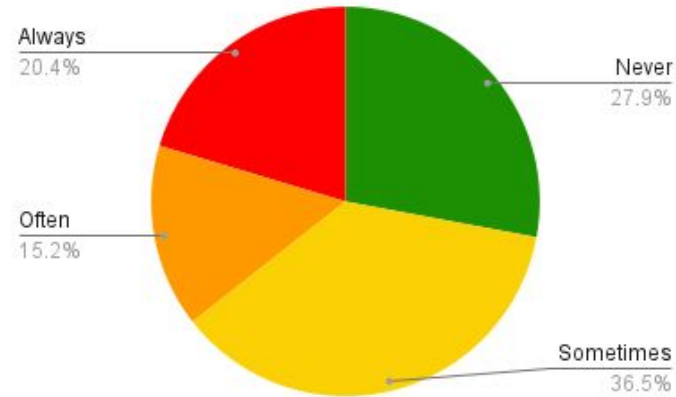
Categories and Percentages:

- Strongly agree: 11.4%
- Agree : 22.9%
- Neutral : 51.4%
- Strongly Disagree : 17%

A significant portion (51.4%) of teachers and staff expressed a neutral feeling towards their job satisfaction, indicating a lack of consensus on this issue.

Results and Observations

Have you experienced any physical symptoms related to stress (e.g., headaches, sleep disturbances, digestive issues)?



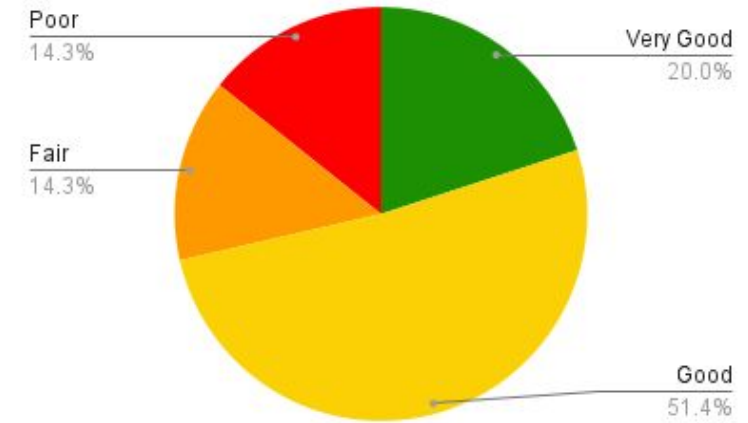
This chart assesses the perceived Physical symptoms related to stress faced by teachers:

Categories and Percentages:

- Never: 31.4%
- Sometimes : 41%
- Often : 17.1%
- Always: 22.9%

A significant majority (63.9%) of teachers reported experiencing physical symptoms related to stress, with over one-fifth experiencing these symptoms often or always.

How would you rate your overall emotional well-being?



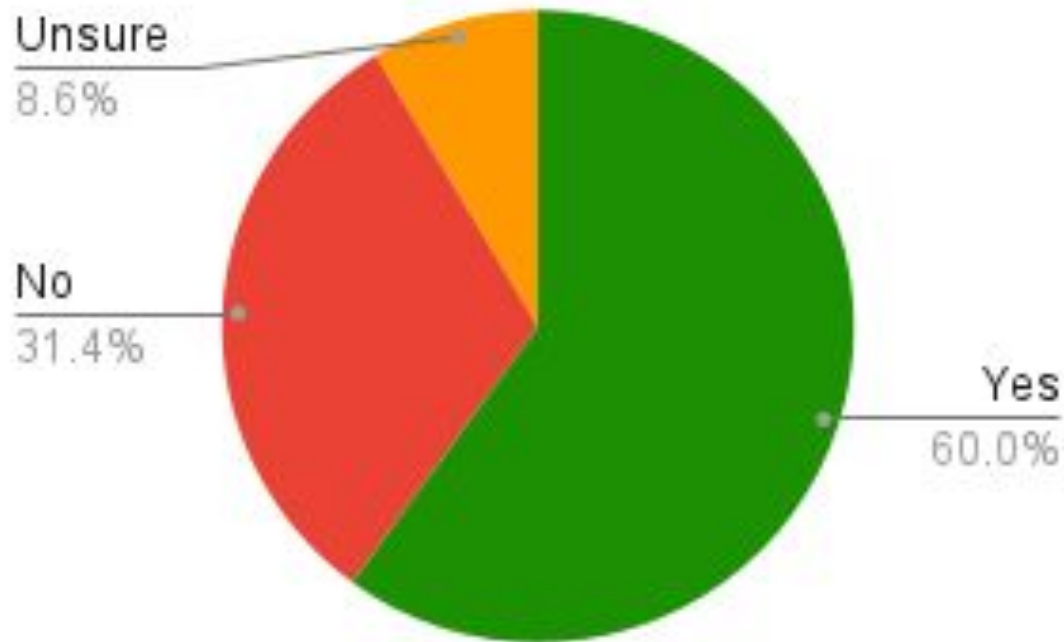
This chart assesses the perceived emotional well being
Categories and Percentages:

- Very Good: 20%
- Good : 51.4%
- Fair : 14.3%
- Poor: 14.3%

A majority (28.6%) of respondents reported a negative perception of their emotional well-being.

Results and Observations

Do you have effective strategies for managing stress and maintaining your mental health?



This chart assesses whether teachers have effective strategies for managing stress :

Categories and Percentages:

- Yes : 60%
- No : 31.4%
- Unsure : 8.6%

A significant majority (60%) of teachers reported having effective strategies for managing stress, indicating a relatively positive outlook on their stress management capabilities.

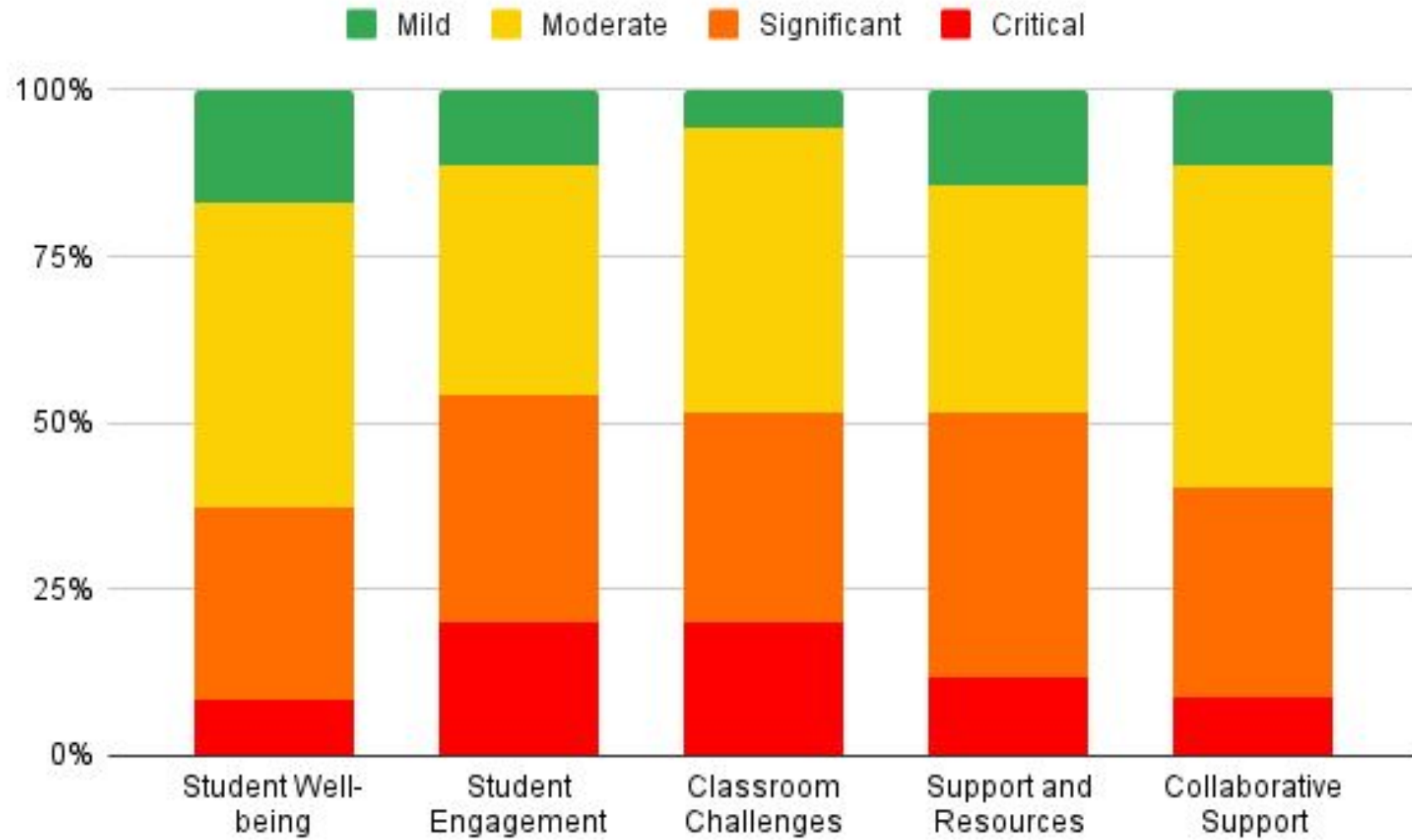
Key Findings

- **Overwhelming Workload and Stress:** A significant portion of teachers report feeling overwhelmed by their workload and experience high levels of stress and anxiety.
- **Imbalance in Work-Life:** Many teachers struggle with maintaining a healthy work-life balance.
- **Mixed Feelings on Job Satisfaction and Support:** Teachers express a range of emotions about their job satisfaction and the support provided by administration and colleagues, with a notable portion feeling neutral.
- **Negative Impact on Well-being:** A significant number of teachers report experiencing physical and emotional symptoms related to stress, indicating a negative impact on their overall well-being.
- **Effective Stress Management:** While a majority of teachers have implemented stress management strategies, the persistent levels of stress and burnout suggest a need for additional support.

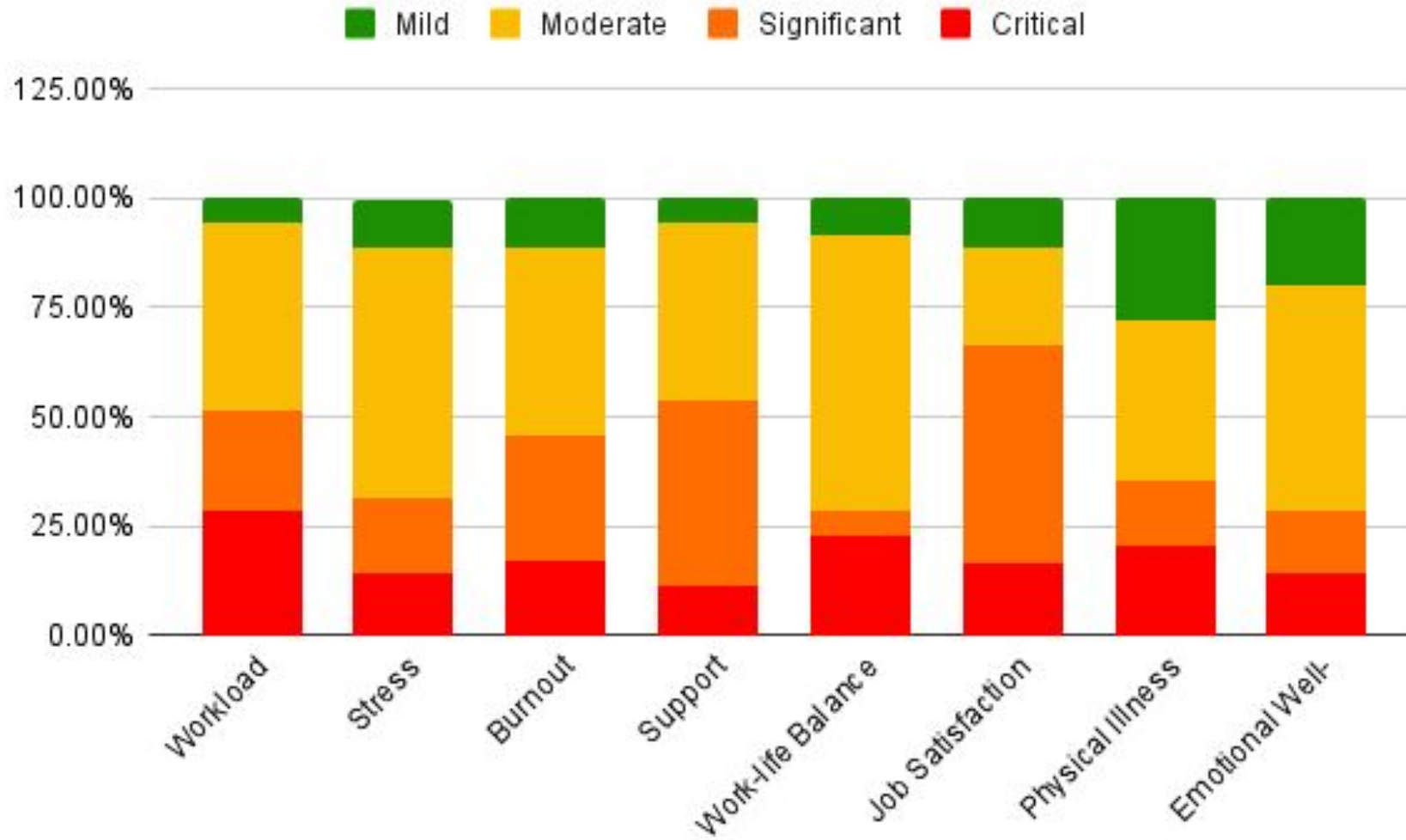
Conclusion

The data presented offers a stark portrayal of the challenges faced by teachers. High levels of workload, stress, and burnout are pervasive, significantly impacting teachers' job satisfaction and overall well-being. While there is evidence of effective stress management strategies, the data suggests a broader issue requiring systemic solutions.

Insights on Supporting Student Mental Health



Teacher Well-Being and Support Assessment



Key Observation

- **Red** area show Critical case and may need immediate Therapy.
- **Orange** one show Significant case and may require urgent support.
- **Yellow** area show Moderate cases and can be benefited from early intervention.
- **Green** represents Individuals that show optimum well being, they can be provided early prevention strategies.

To address the crisis, comprehensive support systems must be implemented. This includes providing adequate resources, fostering a supportive work environment, and prioritizing mental health and well-being initiatives for teachers. By investing in the health and well-being of educators, schools can create a more sustainable and effective learning environment for both teachers and students.

Glimpse of our Mental Health Awareness workshop



Conclusion

1. Comprehensive Mental Health Assessment:

- a. A detailed survey was conducted to identify specific mental health challenges faced by teachers and staff.

Key areas assessed included:

- i. Student well-being, engagement, and motivation
- ii. Classroom challenges and support needs
- iii. Teacher workload, stress, burnout, and job satisfaction
- iv. Physical and emotional well-being

2. Psycho-Educational Workshops:

- a. Interactive sessions were designed to provide teachers and staff with practical tools and strategies to manage stress, build resilience, and enhance emotional well-being.
- b. A safe space was created for participants to explore their emotions and gain valuable insights into mental health.

Conclusion

3. Building a Supportive Community: The program emphasized the importance of a supportive school environment by fostering open communication and collaboration among teachers and staff.

4. Continuous Improvement: Recognizing the dynamic nature of mental health, the workshop emphasized ongoing evaluation and refinement of strategies to maximize its impact. Future plans include expanding the assessment to capture a wider range of mental health indicators and exploring the long-term effects of the program.

The success of the workshop at Gurusharan Convent School demonstrates the potential for implementing similar initiatives in other educational settings. By prioritizing teacher well-being, schools can create healthier and more supportive learning environments for both teachers and students.



Thank You!